

OVERCOMING COMPULSIVE SEXUAL BEHAVIOR

WEEK 9: HOW TO DEVELOP A COMPASSIONATE MIND

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To develop compassion in ourselves, we need to practice mindful breathing, deep listening, and deep looking.

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THICH NHAT HHAN

OBJECTIVE

“In the treatment of addiction, which reportedly carries more shame than other mental health concerns, shame perpetuates a cycle that actually works to maintain addictive symptoms” (Wiechelt, 2007).

This week we want to work on your shame and help you develop a compassionate mind.

OOCW

WATCH:

- ▶ Compassionately Judge Yourself **bit.ly/ADDOAD**
- ▶ How to Develop a Compassionate Mind **bit.ly/ADDOAD**
- ▶ How to Use Compassion in Your Recovery Efforts **bit.ly/ADDOAD**

COMPLETE:

- ▶ Reaction Sequence
- ▶ Inner Dialogue
- ▶ Journal Prompt #1
- ▶ Journal Prompt #2
- ▶ Journal Prompt #3

REACTION SEQUENCE

OVERVIEW

Developing awareness of how your addiction works is crucial to the recovery process. The better you understand your reaction sequence the more effectively you'll be able to respond.

INSTRUCTIONS

In this assignment we will guide you through your past relapses, and you will write the steps of the event as they unfolded.

PART #1

Stimulus: What triggered your emotions or thoughts leading to relapse?

PART #2

Emotion: What type of emotions were triggered?

PART #3

Thought: What type of thoughts were triggered?

PART #4

Chemical Release: How did your body begin to react (increased heart rate, sweaty palms, etc.)?

PART #5

Second Thought: What was the belief or justifying reason for giving in (Everyone is doing it, Not a big deal, etc.)?

PART #6

An effective tool to implement during the reaction sequence is the Stop Method. When the stimulus or trigger is experienced, say or think “STOP.” This will break the pattern and pull you away from your thoughts. After saying “stop,” repeat a personal mantra.

An example of a mantra could be:

“This is a dangerous time for me. I need to be careful. I’m not going to give in.”

Write your mantra here:

PART #7

Journal about your experience. What did you learn?

YOUR INNER DIALOGUE

OVERVIEW

Joe Dispenza said that “whatever the oft-repeated thought, behavior, or feeling is, it will become automatic, unconscious habit. So if you keep thinking the same thoughts, doing the same things, and feeling the same emotions, you will begin to hardwire your brain into a finite reality.”

This assignment is designed to help you develop an awareness of your inner dialogue. How do you talk to yourself? Is it positive or negative? We want to change your inner dialogue toward compassionate thinking.

INSTRUCTIONS

For 24 hours track your thoughts.

Every time you criticize yourself, think something negative, or demean yourself or others, give yourself a check. After you have placed the check, write down three positive things about yourself or if you were critical of others three traits or qualities you like about them.

✓	POSITIVE THOUGHT #1	POSITIVE THOUGHT #2	POSITIVE THOUGHT #3

JOURNAL PROMPT #1

Thich Nhat Hhan suggested, "the way to develop compassion is through mindful breathing, deep listening and deep looking."

Write about what deep listening and deep looking would do for you.

JOURNAL PROMPT #2

What is the most important thing you can do to increase the amount of compassion you have for yourself?

JOURNAL PROMPT #3

When in your life have you felt the most compassion for someone else? What did you do for that person in response to how you were feeling about their suffering?